

# NO BULLYING, PLEASE!

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A book were kids learn NOT to bully

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I hope you know not to bully!

If you don't know what it is, I'm here to show you. Bullying is **mean**, **hurtful**, and **NOT NICE!** Please don't bully! Bullying means being mean to someone else, like talking about someone without them knowing (gossiping), calling someone names, or putting something bad on the internet (cyber bullying), Last is Physical bullying. Gossiping is mean by talking about someone, or even starting a rumor!

A rumor is telling another person something that's not true. For example; Bob bites his nails or Bob likes Sue. Next, is calling someone a name, that is mean, one time someone called me a name and I didn't like it. For example, Your stupid. **Don't say that!**

Then is cyber  
bullying.



cyber bulling is saying something mean on  
your computer about someone. For example,  
cyber bullying is like gossiping on a  
computer. Then is physical bullying.



Physical bullying is like hitting or kicking someone. Physical meaning you touch and hurt a person and they can feel you. Usually bullying means something is wrong. If something is bothering you, tell an adult. If someone is bullying you tell a teacher. If you see someone being bullied tell an adult. Please tell someone! All it takes is **YOU** to speak up, **AND STOP BULLYING!**

